



18. Sondershäuser Kristall-Lauf
Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Brodowski, Dieter

Club: Grubenwehr Bergwerk Ost
Number: 52

Course: 9.40 km
10 km (680 m unter der Erdoberfläche)

Category:
Männer 50 bis 59 Jahre

Total time: 47:20

Speed: 11.92 km/h
Running performance: 5:02 min/km

Rank in course/Total: 115 (of 373)

Rank in course/Men: 106 (of 286)

Best time in course: 31:07

Rank in category: 22(of 80)

Best time in the category: 36:02

Intermediate times					Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	2.20	10:54	4:57	27	3:05	135	3:52	2.20	10:54	4:57	27	3:05	135	3:52
Rundenzeit	1.80	8:47	4:52	23	1:56	117	2:49	4.00	19:41	4:55	26	5:01	126	6:41
Rundenzeit	1.80	9:11	5:06	26	2:06	119	3:03	5.80	28:52	4:58	25	7:07	122	9:41
Rundenzeit	1.80	9:16	5:08	23	2:09	113	3:13	7.60	38:08	5:01	25	9:07	119	12:54
Finish	1.80	9:12	5:06	24	9:03	109	9:03	9.40	47:20	5:02	22	11:18	110	16:13